DOCUMENT RESUME

ED 415 491 CS 013 014

AUTHOR	Miller, Marlane
TITLE	Brainstyles: Change Your Life without Changing Who You Are.
ISBN	ISBN-0-684-80757-2
PUB DATE	1997-00-00
NOTE	385p.
AVAILABLE FROM	Simon and Schuster, Rockefeller Center, 1230 Avenue of the Americas, New York, NY 10020 ($23).
PUB TYPE	Guides - General (050)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Brain; *Brain Hemisphere Functions; Case Studies; *Cognitive Style; Decision Making; *Interpersonal Relationship; *Self Actualization; Self Efficacy; Self Help Programs
IDENTIFIERS	Myers Briggs Type Indicator

ABSTRACT

Based on the idea that an individual's "brainstyle" is a particular set of gifts, this self-help book shows the reader that by understanding how the brainstyle mandates decisions, a person can deliver his or her best in any relationship. The book illustrates with case histories of people who used the brainstyle system to change their lives without changing themselves. Chapter 1 asks some personal questions to activate thought about the need for change; Chapter 2 introduces some research on what to do instead of trying to be perfect. Chapters 3 through 6 describe four core strengths, the brainstyles; Chapter 7 is a brainstyles self test. Chapter 8 tells how to apply brainstyles to create synergy in relationships with anyone anywhere; Chapter 9 provides some tools to transform an individual's relationship with him/herself, with "enemies," and with colleagues at work. Appendix A contains "Brain-Based Aptitudes"; Appendix B contains "The Brainstyle Inventory Scoring Interpretation and Discussion"; Appendix C contains "Technical Report: Construct Validation of a New Measure of Brainstyles"; Appendix D contains "Brainstyles--Myers-Briggs Relationships Report, January 1995"; Appendix E contains additional worksheets. (NKA)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****